



SENIOR HAPPY'NINGS

MAY/JUNE 2017

SCITUATE COA
27 BROOK ST
SCITUATE, MA 02066
781-545-8722



Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

COA STAFF

Director - Linda Hayes, x15
lhayes@scituatemema.gov

Administrative Assistant
Jill Johnston, x10
jjohnston@scituatemema.gov

Transportation Coordinator
Jean Sullivan, x17
jean.sullivan@scituatemema.gov

Van Drivers: Mary Brown,
Jay Brien, John White

Outreach Coordinator
Jenny Gerbis, x14
jgerbis@scituatemema.gov

Activities & Volunteer Coordinator
Lisa Thornton, x12
lthornton@scituatemema.gov

Manager of Social Services
Laura Minier
lminier@scituatemema.gov

COA BOARD

John D. Miller, Chair
Dr. Gordon Price, Vice
Audrey Reidy
Dale Balog
Lucille Sorrentino
Janice Lindblom, Secretary
Helen Jablonski
Leslie James
Janice Desmond

Selectman Liaison
Marty O'Toole

From the Director

"You are never too old to set another goal or to dream a new dream." - Les Brown

We are so grateful for our Volunteers this month—your day is coming in June and we're going to switch it up a little for our celebration of you! We have many more volunteers who are leading and responsible for helping to expand our programming and activities—Mah Jongg, Writing, Pickle-ball, Trail Walking, to name a few. It is wonderful that many have offered to bring a skill or expertise to share with others or are willing to chip in and help to organize and see that activities can continue as staff can only go so far! Our art instructor, Joanne Papandrea, is endlessly inspiring as a teacher and an artist/dreamer in her own right. Congratulations on her most recent first place award! Get a better look through April 30 at the Front Street Art Gallery. May is also Older Americans Month! A recent article notes how our increasing longevity is shaping our world and how the contributions older adults are continuing to make, both professionally and through volunteerism, are examples for us all to lead and contribute within our communities. As we look forward to the coming months celebrating Mother's Day and Father's Day, baseball, Memorial Day, and summer, to name a few, all these things bring memories and hopefully some incentive to perpetuate the wonderful feelings (mostly) that those memories conjure – driving us to continue to make new ones, doing all of the things we have the opportunities to do—volunteering and sharing our gifts, leisure and recreational activities, the beach!, sunsets, margaritas on Sunday afternoons at T.K.s – whatever your pleasure! I know I miss my Mom, and I am grateful to have my Dad—relaxed, happy and living a new chapter in Florida, visiting in the summer, and still going strong and telling me he's not old enough to have a daughter my age. Funny guy. Help us celebrate all of you this month! ♥ Linda



Special Event

CAFÉ TALK ON BASEBALL, and not just baseball, but the historic 1967 Red Sox Baseball Team! Herb Crehan, writer, baseball historian and author of the newly-published book, "The Impossible Dream 1967 Red Sox: Birth of Red Sox Nation" (and relative of a Scituate resident) will be here to present a talk and slide show on that legendary year in baseball history and the inside stories of many of the players and the foundation for what became Red Sox Nation! Following the hour-long presentation, we will offer refreshments and a reception for casual discussion with the author and other attendees of Boston's favorite summer subject!

WHEN: Wednesday, May 17 @ 10:30am-12:00pm.

WHERE: Scituate Senior Center – 27 Brook Street; if parking is difficult please try St. Mary's, a short walk on First Parish Rd with a sidewalk.

**SENIOR CENTER
HOURS OF OPERATION:**

**Monday through Thursday
8:30 AM to 4:30 PM**

Friday 8:30 AM to 3:00 PM

Cultural/Social ... Trips and more

COA CULTURAL/SOCIAL TRIPS

Van Trips



To Be Confirmed! May 19: **Arnold Arboretum**, Boston, MA \$5 Depart COA @ 9:30AM

May 17: **Shopping Trip to Wegman's**, Westwood, MA \$5 Depart COA @ 9:30 AM

May 23: **Fairing Way**, S. Weymouth,—Speaker— Dr. Saad of South Shore Skin Center to speak on sun safety. Immediately following: tour of property and model home. Depart 1:00pm

May 31: **Museum of Fine Arts**, Boston, MA \$25- Includes van ride & admission. Depart COA @ 9:15AM

June 7: **Tower Hill Botanical Gardens**, Boylston, MA, \$25- Includes van ride, tour & admission. Depart COA @ 8:45AM

ALL INCLUSIVE DAY TRIPS w/ Joanne Tours

Luxury Coach Bus Trips

June 22: Solid Gold—"Tribute to the Fifties"

SIGN UP WITH PAYMENT DUE BY 5/19

Sept 21: The Spirit of Johnny Cash

Oct 12: Lake Winnepesaukee Turkey Dinner Train

The above trips are planned with **Joanne Tours** in collaboration with Cohasset COA! Flyers with details are posted at the COA. These are full day trips which include luxury coach transportation, a full meal and event ticket and more! **All trips \$85. Reservations with payment are currently being accepted for these 3 trips!**

PLEASE NOTE FOR ALL TICKETED ACTIVITIES & TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan.

Van trips—maximum of 12 passengers. Bus trips— 20-30 passengers.

Transportation ... local and out-of-town

10 Ride Pass for \$10.00 = 1.00 each way

Cash = 1.25 each way/ 2.50 round trip

Out of Town = \$5.00 round trip

Monthly Donation \$25.00 includes Local and Out of Town

Transportation Coordinator

Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides and any questions about rides at 781-545-8722, ext. 17

Out-of-town Medical Rides require 5 days notice. Appointments must be between 10:30AM and end by 1:15 PM. Later appointments, ending after 1:15PM—Return ride can be as late as 5:00 PM.

We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. Cost is \$5.00 round trip to be sent to the COA- Transportation.

Local Rides within Scituate require at least 2 days notice. Medical Rides should be Monday, Wednesday or Friday between 8:30 AM. - 3:00 PM.

Local rides include appointments to doctors, the Senior Center for activities, the library, shopping, hair dresser, etc. Our van runs on a schedule during Council on Aging hours.

We have regular van trips to the following locations with at least 2 days advance sign-ups, with the cost being the same as the local rides.

TUESDAYS

SHAWS SUPERMARKET - 9:00 – 9:45 AM

WEDNESDAYS

HANOVER MALL / TRADER JOES - 10:00 – 11:30 AM
(2nd & 4th Wednesday of the month)

THURSDAYS

SCITUATE HARBOR - 9:00 - 10:00 AM
CONGREGATIONAL CHURCH LUNCH – 12:00 – 1:00 PM

VOLUNTEER DRIVERS NEEDED –

Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call Jean at 781-545-8722 x17.



When making medical appointments, we will need your appointment date, time, doctor's name, address and telephone number. Please advise the doctor's office that the Council on Aging will be providing your transportation. When possible, please try to determine the length of your appointment for scheduling the return trip.

Programs, Special Events, Speakers...

W E D N E S D A Y M o r n i n g C a f é T a l k s

Information, social opportunity, and refreshments.



Call 781-545-8722 to register

Wed, May 17 @ 10:30 AM

Baseball & The Red Sox Nation

.....and not just baseball, but the historic 1967 Red Sox Baseball Team! Herb Crehan, writer, baseball historian and author of the newly-published book, "The Impossible Dream 1967 Red Sox: Birth of Red Sox Nation" (and relative of a Scituate resident), will be here to present a talk and slide show on that legendary year in baseball history and the inside stories of many of the players and the foundation for what became Red Sox Nation! Following the hour-long presentation, we will offer refreshments and a reception for casual discussion with the author and other attendees of Boston's favorite summer subject!

Mother's Day Gathering, May 12- 10:30-12 noon

We are celebrating time to join COA amazing Scituate for a tribute to make you laugh or iced tea, quiche



MOMs! Take some staff and many mothers and women mother's, which will and maybe cry! Hot and special dessert!

We will be handing out a free flower to all mother's who come in to the senior center May 10-12, sponsored by the COA. In celebration of strong women, stay for the academy award winning movie, Hidden Figures at Noon. RSVP 781-545-8722 is greatly appreciated for planning purposes.



Volunteer Appreciation Luncheon

June 20—Senior Center Volunteers—Look for **your special invitation in the MAIL!** You don't want to miss the fun as we celebrate YOU. Special event at The Maritime Center, 4-6pm!

Tuesday, May 23 @ 1:00pm

Off-site speaker talk & tour at Fairing Way at Union Point, S. Weymouth

Speaker— Dr. Saad of South Shore Skin Center to speak on sun safety. Immediately following talk: Tour of property and model home. Depart Senior Center at 1pm, Return @ 4pm Call to reserve a spot on the van, or drive yourself. RSVP!

Wed, May 31 @ 10:30 AM

Presentation on Hearing Loss, Assistive Technology (hearing aids, cochlear implants, listening systems and more) and disability rights laws as they affect the provision of communication access by third parties.

Speaker: Jonathan O'Dell

Assistive Technology Manager/ Training Specialist
Massachusetts Commission for the Deaf and Hard of Hearing

Wed, June, 21 @ 10:30 AM

MassEDP - Free or Reduced Phones for MA Residents
Follow up presentation/exciting program on hearing loss.....

This program is the Massachusetts Equipment Distribution Program, or more commonly referred to as MassEDP— adaptive telephone equipment to people who have difficulty using the telephone due issues such as hearing or vision loss.

We kindly ask if you are NOT able to attend an appt/ event you have signed up for to please call to let us know. We have professionals who volunteer their valuable time and we often have a waiting list for others who would like to attend. Thank you!

"July 4th Lunch", Friday June 30, 12-2PM

Our annual summer luncheon/BBQ at the senior center. Sign up before it's sold out. We will enjoy a visit by Nona's homemade ice cream truck! \$7 Please RSVP 781-545-8722



GARDEN THERAPY Tuesday, MAY 2 @ 10:30 AM Limited to 20! Call to register!

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful SPRING arrangement!

MEN'S BREAKFAST in May, June & August

PLEASE CALL TO RSVP @ 545-8722



MEN'S GROUP

9:00AM, May 1—Joby Norton, Mullaney's Harborside Fish Market will be here to present today's current information on the local fishing industry in Scituate and how it's been changing. He will talk about how he works with fisherman and lobsterman, and his connection with Town of Scituate and the harbor. To be held at Widow's Walk Golf Pub. \$8/pp

Come with your questions or thoughts regarding today's hot topics!

9:00AM, June 5— State Senator, Patrick O'Connor, replaced long-time incumbent Bob Hedlund. Patrick will be able to talk about what he has been involved with and working on since he was elected last May and the kinds of things he is hoping to accomplish in his role representing our south shore communities. To be held at Widow's Walk Golf Pub. \$8/pp

Once a Month ... Support and Services

CAREGIVER SUPPORT GROUP (DAYTIME)

COA Support Group held in **SCITUATE**

3rd Wednesday at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

OTHER AREA SUPPORT GROUPS—MONTHLY

EVENING CAREGIVER DISCUSSION GROUPS

⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of **Cohasset**, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME CAREGIVER DISCUSSION GROUPS

⇒ **First Tuesday** at 2:00-3:00pm at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730

⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

VISION SUPPORT GROUP

⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

BLOOD PRESSURE CHECK! **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed.- **10:30-11:30 AM.**

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS: **Weds- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK =-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

2nd Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Elaine is able to inform and advise seniors on these matters. Complimentary appointments are available monthly between 9-11am

ASK A LAWYER

3rd Friday

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 781-545-8722 for a morning appointment.

MEET YOUR SENATOR

3rd Thursday

Sen. Patrick O'Connor

10:30-11:30AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee – you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Rep. Jim Cantwell meets at the Senior Center each month. If you have questions or concerns to discuss, *please call to confirm the next date and schedule an appointment.* Meetings— approx. 30 mins.

FINANCIAL SERVICES

1st Monday

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Call the Senior Center to be referred for an appointment in their local Scituate offices.***

Deborah Flanagan, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

Call for an appt.

Adrienne Rowles, Wealth Advisor. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 minute appointment.

DISCUSSION GROUP

Bi-monthly Friday

“Women, Men & Wall Street” - Discussion, Q&A, and helpful info on finance and current trends. Anything goes. *Facilitated by Adrienne Rowles, Wealth Advisor and host of Financial Freedom on 95.9 WATD.* Held at senior center. **Next meeting: June 9 @ 9am.**

JUNE 2017

Mon		Tue		Wed		Thu		Fri	
<div>Key:</div> <ul style="list-style-type: none">● At St. Luke's Church■ At St. Mary's Parish Center◆ At Jenkins School* At Maritime Center Other classes at the Senior Center						1		2	
9:00 Men's Breakfast 9:00 Yoga * 9:30 Joint Efforts 10:15 Chair Yoga * 11:30 Balance 4 Life ● 12:30 Painting Class 4:00 Pickle-ball ◆		9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■		7:30 Yoga ● 8:45 Tower Hill Botanical Garden 9:15 Zumba ● 10:00 BP – Central Park 1:00 Scituate Colonial Architecture 4:00 Pickle-ball ◆ 6:00 Badminton ◆		10:30 Chair Yoga ● 11:15 Balance 4 Life ● 11:30 Expressive Writing 1:00 Knitting 4:00 Painting Class		7:30 Yoga ● 9:30 Joint Efforts 11:30 Bridge 11:30 Laughter Yoga ● 12:45 Trail Walking	
12		13		14		8		9	
9:00 Yoga * 9:30 Joint Efforts 10:15 Chair Yoga * 11:30 Balance 4 Life ● 4:00 Pickle-ball ◆		9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■ 2:30 Quilting		7:30 Yoga ● 9:00 Hanover Mall/Trader Joes 9:15 Zumba ● 4:00 Pickle-ball ◆ 4:30 Meditation 6:00 Badminton ◆		10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Knitting 5:30 COA Board Meeting		7:30 Yoga ● 9:00 Life Insurance 9:30 Joint Efforts 12:00 Friday Flix 12:45 Trail Walking	
19		20		21		15		16	
9:00 Yoga * 9:30 Joint Efforts 10:15 Chair Yoga * 11:30 Balance 4 Life ● 4:00 Pickle-ball ◆		9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■ 4:00 Volunteer Luncheon		7:30 Yoga ● 9:15 Zumba ● 10:30 BP 10:30 Cafe Talk- MassEDP 12:00 Caregivers Support 4:00 Pickle-ball ◆ 6:00 Badminton ◆		10:30 Chair Yoga ● 10:30 Senator O'Connor 11:15 Balance 4 Life ● 1:00 Knitting 4:00 Painting Class		7:30 Yoga ● 9:00 Ask a Lawyer 9:30 Joint Effort 11:30 Bridge 11:30 Laughter Yoga ● 12:45 Trail Walking	
26		27		28		22		23	
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 10:30 Book Club 11:30 Balance 4 Life ●		9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■		7:30 Yoga ● 9:00 Hanover Mall /Traders Joes 9:15 Zumba ● 4:00 Pickle-ball ◆ 4:30 Meditation		Solid Gold Trip 10:30 Chair Yoga ● No Balance 4 Life 1:00 Knitting 4:00 Painting Class		7:30 Yoga ● 9:00 Rep Cantwell 9:30 Joint Efforts 12:00 Friday Flix 12:45 Trail Walking	
29		30							
9:00 Yoga ● 9:30 Joint Efforts 10:15 Chair Yoga ● 10:30 Book Club 11:30 Balance 4 Life ●		9:00 Shaws 10:30 Mah Jong 1:00 Scrabble/ Cribbage 1:30 Tai Chi ■		7:30 Yoga ● 9:00 Hanover Mall /Traders Joes 9:15 Zumba ● 4:00 Pickle-ball ◆ 4:30 Meditation		10:30 Chair Yoga ● 11:15 Balance 4 Life ● 1:00 Knitting 4:00 Painting Class		7:30 Yoga ● 9:30 Joint Efforts 12:00 Fourth of July BBQ TBD Pickle-ball ◆	



MAY 2017

Mon	Tue	Wed	Thu	Fri
<p>9:00 Yoga * 1</p> <p>9:00 Men's Breakfast</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga *</p> <p>11:30 Balance 4Life ●</p> <p>12:30 Painting Class</p>	<p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jongg / Garden Club</p> <p>1:00 Scrabble/Cribbage</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ● 2</p> <p>9:15 Zumba ●</p> <p>10:00 BP— Wheeler Park</p> <p>1:00 Scituate Colonial Architecture</p> <p>4:00 Pickleball ◆</p> <p>6:00 Badminton ◆</p> <p>7:00 FOSS BOD Mtg</p>	<p>10:00 Writing Memoirs</p> <p>10:30 Chair Yoga ●</p> <p>11:15 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ● 5</p> <p>9:30 Joint Efforts</p> <p>11:30 Laughter Yoga ●</p> <p>11:30 Bridge</p> <p>12:45 Trail Walking</p>
<p>9:00 Yoga * 8</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga *</p> <p>11:30 Balance 4Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble/Cribbage</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ● 9</p> <p>9:00 Hanover/Trader Joe's</p> <p>9:15 Zumba ●</p> <p>1:00 Scituate Colonial Architecture</p> <p>3:00 Tech Time</p> <p>4:00 Pickleball ◆</p> <p>4:30 Meditation</p>	<p>10:00 Writing Memoirs</p> <p>10:30 Chair Yoga ●</p> <p>11:15 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>5:30 COA Board Meeting</p>	<p>7:30 Yoga ● 12</p> <p>9:00 Life Insurance</p> <p>9:30 Joint Efforts</p> <p>10:30 Mother's Day Gathering</p> <p>12:00 Friday Flix</p> <p>12:45 Trail Walking</p>
<p>9:00 Yoga * 15</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga *</p> <p>11:30 Balance 4Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble/Cribbage</p> <p>1:30 Tai Chi ■</p> <p>2:30 Quilting</p>	<p>7:30 Yoga ● 16</p> <p>9:15 Zumba ●</p> <p>10:30 Herb Crehan-Red Sox Nation</p> <p>12:00 Caregivers Support</p> <p>12:30 Wegmans Trip</p> <p>1:00 Scituate Colonial Architecture</p> <p>4:00 Pickleball ◆</p> <p>6:00 Badminton ◆</p>	<p>10:30 Senator O'Connor</p> <p>10:30 Chair Yoga ●</p> <p>11:15 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ● 19</p> <p>9:00 Ask a Lawyer</p> <p>9:30 Joint Efforts</p> <p>11:30 Laughter Yoga ●</p> <p>11:30 Bridge</p> <p>12:45 Trail Walking</p>
<p>9:00 Yoga * 22</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga *</p> <p>10:30 Book Club</p> <p>11:30 Balance 4Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jongg</p> <p>1:00 Off-site Talk (Fairing Way)</p> <p>1:00 Scrabble/Cribbage</p> <p>1:30 Tai Chi ■ — Week 1</p>	<p>7:30 Yoga ● 23</p> <p>9:00 Hanover/Trader Joe's</p> <p>9:15 Zumba ●</p> <p>10:00 BP-Lincoln</p> <p>1:00 Scituate Colonial Architecture</p> <p>4:00 Pickleball ◆</p> <p>4:30 Meditation</p> <p>6:00 Badminton ◆</p>	<p>10:30 Chair Yoga ●</p> <p>11:15 Balance 4 Life ●</p> <p>11:30 Expressive Writing</p> <p>1:00 Knitting</p> <p>4:00 Painting Class</p>	<p>7:30 Yoga ● 26</p> <p>9:00 Rep Cantwell</p> <p>9:30 Joint Efforts</p> <p>12:00 Friday Flix</p> <p>12:45 Trail Walking</p>
<p>9:00 Yoga * 29</p> <p>9:30 Joint Efforts</p> <p>10:15 Chair Yoga *</p> <p>11:30 Balance 4Life ●</p> <p>12:30 Painting Class</p> <p>4:00 Pickle-ball ◆</p>	<p>9:00 Shaws</p> <p>9:00 Cardio</p> <p>10:30 Mah Jongg</p> <p>1:00 Scrabble/Cribbage</p> <p>1:30 Tai Chi ■</p>	<p>7:30 Yoga ● 31</p> <p>9:15 Zumba ● /MFA Trip</p> <p>10:30 Café Talk—Hearing Loss</p> <p>1:00 Scituate Colonial Architect</p> <p>4:00 Pickleball ◆</p> <p>6:00 Badminton ◆</p>	<p>Key:</p> <ul style="list-style-type: none"> ● At St. Luke's Church ■ At St. Mary's Parish Center ◆ At Jenkins School * At Maritime Center <p>Other classes at Senior Center</p>	<p>TECH TIME Wed. 3-4pm May 10</p> <p>One-on-one phone & computer help w/ students from Scituate H.S.</p>

Social Services & Outreach

Did you know we offer a **Friendly Visitor Program**? If you are interested in being a visitor or you would like to receive a social visit one hour/week, please call 545-8722 to learn more details.



Meals MONDAY, WEDNESDAY & FRIDAY

12:00-1:00 PM

@ Harbor United Methodist Church; \$2 sponsored by South Shore Elder Services.

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY, 12 NOON @ Congregational Church, This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations needed.



Monthly Community Dinner

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,

This is a free, community dinner for all ages sponsored by various community groups. No Reservations needed.

Van transportation is available to clients by calling the Senior Center 48 hours ahead for meals or food pantry.

FUEL ASSISTANCE 2017 Has Been Extended

The State/Federal Fuel Assistance Program, operated and administered by South Shore Community Action has begun, and will run until May 12, 2017. This program is open to the community and the Council On Aging is the agent for the town of Scituate. The income guidelines for fuel assistance are within the following range.

Household of 1: \$34,001.00 gross income or less

Household of 2: \$44,463.00 gross income or less

Call Jenny at 781-545-8722 to find out if you qualify.

Friendly Visitor Program

The Scituate COA has developed a new Friendly Visitor Program—matching volunteers with isolated seniors in Scituate. Call Jenny Gerbis @ 545-8722, if you would like a friendly visitor.



LAUNCH Programs

Yardwork Services Available!

Spring cleanups, weekly mowing, weeding, mulching and trimming services at extremely reasonable rates.

- ⇒ Our workers are individuals with disabilities accompanied by job coaches.
- ⇒ We are not professionals and after completing a free estimate, we only accept jobs which we believe our individuals can complete in a satisfactory manner.

On-site disposal only Call Jenny at 781-545-8722

TUESDAYS @ HOUSING AUTHORITY ~

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say “hello” and see what information is available to you, or just have a chat.

May 2017

5/2 10:30 at Lincoln

5/9 10:30 at Central

5/16 10:30 at Wheeler I, 11:00 at Wheeler II

June 2017

6/6 10:30 at Lincoln

6/13 10:30 at Central

6/20 10:30 at Wheeler I, 11:00 at Wheeler II

SHINE

Serving the Health Information Needs of Everyone

Call for an appointment with SHINE Counselor, Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Appointments on the following dates. Please call to schedule an available time.

May 2017

Thursday 5/4, Tuesday 5/9,

Thursday 5/18, Thursday 5/25

June 2017

Thursday 6/1, Tuesday 6/6,

Thursday 6/15, Thursday 6/22, Thursday 6/29

Do you have difficulty reading or holding books and newspapers?

The Talking Information Center Network (**TIC**) is a radio reading service that provides around the clock programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, periodicals and other information about state programs and events.

**** HOW TO LISTEN**

Call TIC at 781-834-4400 to order a radio receiver.

Listen by telephone: call **712-832-7025**

Listen via website: **www.ticnetwork.org**

Download our **free app** on your phone

**** For more information go to, www.ticnetwork.org or call 781-834-4400.**

Age Well at the Senior Center—fun & learning!

"FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!

65" FLAT SCREEN TV & SURROUND SOUND

May 12: **Hidden Figures**

PG, 2hr7min, Biography

May 26: **Patriots Day**

R, 2hr13min, Suspense

Intense recounting at the Boston Marathon Bombings in 2013

June 9: **La La Land** PG13, 2hr8min, Musical

June 23: **Fences**

PG13, 2hr19min, Drama



Lifelong Learning Class

Wednesdays 1—2:30pm

May 3 – June 7

Scituate's Colonial Architecture 1620 to 1800

6 week session, \$20. Sign-up Required. Flyer available at the Senior Center. May 3, 10, 17, 24, 31 and June 7
Offered by BOB JACKMAN

Scituate Seniorities

We hope you have enjoyed our first few segments of **Seniorities**, our new cable television program addressing aspects of aging and promoting the activities and services of the Council on Aging and Senior Center.

- Episode 1: Introduction to the COA – what we do, why and how we do it, and the staff that makes it all possible
- Episode 2: An overview of the social services and outreach roles
- Episode 3: An interview with Jenny Gerbis, Outreach Coordinator

Coming up next: An interview with Transportation Coordinator Jean Sullivan; followed by Laura Minier, Social Services Manager. June will include an opportunity to hear about Activities and Programs with Lisa Thornton; as well as openings for volunteering and ways to advocate for the Senior Center.

You will find Seniorities on cable channel 9, as well as on YouTube, Scituate Community TV which stores all videotaped meetings and cable segments. Search for **Scituate Seniorities**.

QUILTING GROUP

Tuesdays 2:30pm—4pm

May 16 and June 13



New group! Bring any of your projects—plan a new project. Experienced Quilter here to help. Bring ideas, Show & Tell. Snacks/drinks provided. RSVP 545-8722

EXPRESSIVE WRITING

Thurs 11:30—12:30pm

April 6—June 1

Our facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! We just care about what you have to say! Why not try this activity to encourage *expression*! Sharing, storytelling, and connection in a casual and welcoming environment. Great activity for

PAINTING CLASSES

Monday 12:30-3:30pm

Thursday 4:00-7:00pm

Ongoing @ Senior Center

\$10 class

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; No class on 2nd Thursday of the month.*

Monday classes end June 5th for summer break.

Monday's resume in the fall on Sept. 18th



COA Book Club

New members always welcome!



4th MONDAY

MAY: We Were the Lucky Ones by Georgia Hunter

Meeting: May 22 @ 10:30am

JUNE: Our Souls at Night by Kent Haruf

Meeting: June 26 @ 10:30am

Volunteer Corner

Would you like to get involved in your community - make a difference in the lives of local seniors? Improve your health and happiness by sharing a few hrs/week or month to support the Scituate Senior Center.

We have immediate needs for the following positions:

Receptionist / Front Desk Ambassador— Help out by welcoming new seniors, answering phones, greeting visitors, answering questions about programs and setting up for activities. Commitment: 3-4 hours/week, OR 6-8 hours/month

Friendly Visitor for our newly re-instated F.V. Program – Enrich your life by helping others, meet interesting people, become part of the FVP team, provide companionship and enrich the life of the senior you visit once a week. Initial training & follow-up training will be provided. Commitment: 1 hr/wk.



Body & Brain Health at the Senior Center—fun & fitness!

FRIDAY TRAIL WALKING GROUP

Duration of walk/hike: 1.5-2 hours

Fridays 1:00pm (arrive @ 12:45pm)

Park at the Senior Center/Carpool

Experienced Trail Walker, Janet Fairbanks to lead this group for every walk and hike. We will walk in light rain. Trail walks will cancel due to strong winds and heavy rains. Please call the senior center if you are not sure about weather. Any cancellation will be made by Friday morning at 10:30. Call 781-545-8722

Don't forget:

- ✓ Good walking shoes
- ✓ Water bottle, snack
- ✓ Sunscreen, hat, bug repellent
- ✓ Long socks— prevent ticks

May 6	The Spit	June 2	Ellis
May 12	Marshfield	June 9	TBA
May 19	Railroad Bed	June 16	TBA
May 26	Bates Lane	June 23	TBA

There will be some **changes** to **June exercise class schedule** as we transition classes out of St. Luke's Church. Please be sure to call the senior center at 781-545-8722 before going to any classes in June. Thank you!

EXERCISE & WELLNESS CLASSES

DAYTIME WEEKLY CLASSES

Gentle Floor Yoga - MONDAY @ 9:00-10:00AM at St. Luke's (Anne);

WED & FRI @ 7:30-8:30AM at St. Luke's (Elizabeth); \$10/class for 4 weeks or \$12

Chair Yoga - MONDAY @ 10:15-11:00AM at St. Luke's (Anne); and THURSDAY @ 10:30-11:15AM at St. Luke's (Elizabeth); \$5.

Joint Efforts Gentle Exercise - MONDAY & FRIDAY @ 9:30AM; \$2 donation; at Senior Center with Norwell VNA instructor.

Balance for Life - MONDAY @ 11:30AM; THURSDAY @ 11:15AM at St. Luke's (Sue). Stretch, strengthen & tone with Sue! Lots of fun! Donation of \$2. Partial grant.

Tai Chi for Healthy Aging and Balance - TUESDAY @ 1:30PM at St. Mary's Parish Hall. This is a 24-week program with a rotating first lesson every 8 weeks. The next scheduled Lesson 1 will be on May 23. Please call Linda if interested in starting with us.

Cardio with Chris TUESDAY at Senior Center @ 9:00-10:00AM; \$4 **Ends May 30th.**

Zumba Gold 'Dance' Exercise class—WEDNESDAY @ 9:15AM—10:00AM @ St. Luke's. (Pasqualina). Dance exercise fun! Drop in class fee \$5

EVERY OTHER WEEK CLASSES

Laughter Yoga—1st and 3rd Fridays @ 11:30AM at St. Luke's (Jill). Healthy & fun class where we laugh together without jokes or props incorporating breathing techniques with 'healthy' laughter. Laugh your way to good health! **FREE** Please call to register.

Meditation — Alternating Wednesdays @ 4:30-5:30PM at the Senior Center.

These **Guided Meditation** classes will be held on **May 10, 24 & June 14, 28.**

Drop in class fee \$7 class. Please call to register.

BRAIN GAMES @ Senior Center

Scrabble—TUESDAYS @ 1:00-2:30PM at the Senior Center. **Have some fun, meet someone new and challenge the mind!** Volunteer led instruction. Games provided.

Cribbage—TUESDAYS @ 1:00-2:30PM at the Senior Center,

Mah Jong—TUESDAYS @ 10:30-12:30 at the Senior Center. This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Bridge Play— 1st & 3rd FRIDAYS @ 11:30AM. We would love to have multiple bridge groups—Please call to sign up and we will help to complete the groups.

SPORT Games

Bowling League

TUESDAYS

9:30-11:30 AM

At Satuit Bowlaway on Cole Parkway (ends 5/19)

Join for \$5 which includes End of Season Banquet; \$10/wk for lanes & shoes.

Stay active and social !
Call Doug @ Satuit Bowlaway for summer league information.

Pickle-Ball

MONDAYS and WEDNESDAYS

4:15-6:00 PM

At Jenkins School. Doubles format; Four courts, rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available. No charge. *This is a volunteer-led Senior Center program.*

Badminton

WEDNESDAYS

6:00-8:00 PM

Jenkins School. Our popular drop-in Badminton program will continue.

Ends 6/21

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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**SHARE YOUR EMAIL ADDRESS WITH
THE COA!** In May & June your
email address will be entered into
a drawing to win a gift card to a
local merchant. Call 545-8722.

WE ARE ON-LINE TOO!

You can read this newsletter on-line BE-
FORE it comes in the mail. Go to:

www.ourseniorcenter.com

Find: Scituate Council on Aging.

You can sign up with your e-mail and
receive notice when it is published (well
before mailing!).

Follow us on Twitter: @ScituateCOA

“Like us’ on Facebook: Search
Scituate Council on Aging AND
TownofScituate
and Share to your friends!

Meetings for the **Council on Aging Board** are scheduled for the
2nd Thursday of the month at the Senior Center. These are pub-
lic meetings & are also videotaped to be played on Scituate Ca-
ble TV. The next meetings are: May 11 & June 8 at 5:30 pm.



Consider joining the Friends of Scituate Seniors to lend
your support to fundraising efforts for a new Senior Cen-
ter. \$5/annual membership

Friday, June 16 @ 8:30am
shotgun start, lunch, cart, raffles and a silent auction
FOSS—Friends of Scituate Seniors
Golf Tournament at Widow’s Walk Golf Club

The Friends’ volunteer, 501(c)(3) non-profit organization is estab-
lished to **raise funds for a new Scituate Senior Center** and to **as-**
sist the Scituate Council on Aging with financial support for
programs, material needs and events.

The events they sponsor champion the work of the Senior Center
and together with the COA help to create new supporters in the
community. Please send your name, address, phone and email ad-
dress to FOSS at P.O. Box 75 Scituate, MA 02060.